

**RIVER CROSSING YMCA | Doylestown**  
**Group Exercise Schedule**  
**September 9th-30th 2024**

"We're here for you."

**DAYTIME CLASSES**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Spin</b> 6:00-6:45 AM Dan   Studio 4	<b>Spin</b> 5:30-6:15 AM Bill   Studio 4	<b>Spin</b> 5:30-6:15 AM Bill   Studio 4	<b>Spin</b> 6:00-6:45 AM Kathy   Studio 4	<b>Express Spin</b> 6:00-6:30 AM Kathy/Bill   Studio 4	<b>Express Spin</b> 7:15-7:45 AM Kathy   Studio 4	<b>BodyPump™</b> 8:45-9:30 AM Kristen   Studio 2
<b>Gentle Aqua Aerobics</b> 8:00-8:45 AM Liz   WP	<b>Coming Soon! Aqua Tabata</b> 6:00-7:00 AM   WP	<b>NEW! Cardio Splash</b> 8:00-8:45 AM Holly   WP	<b>Aqua Tabata</b> 6:00-7:00 AM Michele   WP	<b>Yoga</b> 6:00-7:00 AM Laura S.   Studio 1	<b>Spin</b> 8:00-8:45 AM Kathy   Studio 4	<b>Slow Flow Yoga</b> 9:00-10:00 AM Cathy S.   Studio 1
<b>Hatha Yoga</b> 8:30-9:30 AM Sandy   Studio 1	<b>BodyPump™</b> 7:00-7:45 AM Megan   Studio 2	<b>Pilates</b> 8:00-8:45 AM Amy   Studio 2	<b>BodyPump™</b> 7:00-7:45 AM Megan   Studio 2	<b>NEW! Aqua Zumba</b> 8:00-8:45 AM Gina   WP	<b>NEW! Pure Strength</b> 8:30-9:15 AM Michele   Studio 2	<b>Spin</b> 9:30-10:15 AM Robin   Studio 4
<b>NEW! Pilates</b> 9:00-9:45 AM Tara   Studio 3	<b>Aqua Yoga/Ai Chi</b> 8:00-9:30 AM Sandy   WP	<b>Hatha Yoga</b> 8:30-9:30 AM Sandy   Studio 1	<b>Aqua Yoga/Ai Chi</b> 8:00-8:45 AM Sandy   WP	<b>BodyPump™</b> 8:30-9:15 AM Kristen   Studio 2	<b>Hatha Yoga</b> 8:15-9:15 AM Sandy   Studio 1	<b>BodyCombat™</b> 9:45-10:30 AM Nicole   Studio 2
<b>Aquacise</b> 9:00-9:45 AM Maryann   LP	<b>NEW! Total Body Conditioning</b> 8:00-8:45 AM Candi   Studio 2	<b>Aqua Tabata</b> 9:00-9:45 AM Holly   LP	<b>Aqua Dance</b> 9:00-9:45 AM Maria   LP	<b>Hatha Yoga</b> 9:30-10:15 AM Sandy   Studio 1	<b>BodyCombat™</b> 9:30-10:15 AM Gina/Aryana Studio 3	<b>Qigong</b> 10:15-11:00 AM Dot   Studio 1
<b>NEW! Interval Inferno</b> 9:30-10:15 AM Nicole   Studio 2	<b>Qigong</b> 9:00-9:45 AM Dot   Studio 1	<b>NEW! Glute Camp Express</b> 9:30-10:00 AM Jen   Studio 2 (starting 9/25)	<b>Gentle Yoga</b> 9:00-9:45 AM Yuki   Studio 1	<b>NEW! HIIT Revolution</b> 9:30-10:15 AM Carrene   Studio 2	<b>Pilates</b> 9:30-10:15 AM Vonna   Studio 2	<b>Les Mills CORE™</b> 10:45-11:15 AM Nicole S.   Studio 2
<b>Aqua Aerobics</b> 10:00-11:00 AM Maryann   LP	<b>Aqua Interval</b> 9:30-10:15 AM Maryann   LP	<b>BodyCombat™</b> 9:30-10:15 AM Aryana   Studio 3	<b>BodyPump™</b> 9:15-10:00 AM Dana   Studio 2	<b>Coming Soon! Aqua Tabata</b> 10:30-11:15 AM   LP	<b>Zumba®</b> 10:30-11:15 AM Lilit/Elena  Studio 2	<b>Zumba®</b> 11:30-12:15 PM Elena/Lilit   Studio 2
<b>Zumba Gold®</b> 10:15-11:00 AM Denise   Studio 3	<b>BodyPump™</b> 9:15-10:00 AM Carrene   Studio 2	<b>NEW! Aqua Zumba</b> 10:00-11:00 AM Gina   LP	<b>Vinyasa Yoga</b> 10:00-11:00 AM Yuki   Studio 1	<b>Express Spin</b> 10:15-10:45 AM Megan   Studio 4		
<b>BodyPump™</b> 10:30-11:15 AM Kristen L   Studio 2	<b>NEW! Aqua Deep Cardio</b> 10:00-10:45 AM Maryann   LP	<b>Zumba®</b> 10:15-11:00 AM Lilit   Studio 2	<b>NEW! Pure Strength Express</b> 10:15-10:45 AM Kristen   Studio 2	<b>Pilates</b> 10:30-11:15 AM Sue   Studio 1		
<b>SilverSneakers® Classic</b> 11:30-12:15 PM Jo-Ann   Studio 2	<b>Vinyasa Yoga</b> 10:00-11:00 AM i   Studio 1	<b>Spin</b> 10:15-11:00 AM Sue   Studio 4	<b>NEW! LIIT</b> 11:15-12:00 PM Cathy M.   Studio 2	<b>Zumba Gold®</b> 10:30-11:15 AM Denise   Studio 2		
<b>NEW! Aqua Tone &amp; Stretch</b> 11:45-12:45 PM Holly   WP (new start time 11:15-12:15pm starting 9/23)	<b>NEW! HIIT Revolution Express</b> 10:15-10:45 AM Carrene   Studio 2	<b>Les Mills CORE™</b> 10:30-11:00 AM Dana   Studio 3	<b>Stretch &amp; Balance</b> 12:15-1:00 PM Cathy M.   Studio 1	<b>SilverSneakers® Classic</b> 11:30-12:15 PM Cathy/JoAnn   Studio 2		
<b>SilverSneakers® Classic</b> 12:30-1:15 PM Jo-Ann   Studio 2	<b>NEW! LIIT</b> 11:15-12:00 PM Cathy M.   Studio 2	<b>NEW! Aqua Tone &amp; Stretch</b> 11:15-12:15 PM Maryann   WP		<b>SilverSneakers® Classic</b> 12:30-1:15 PM Cathy/JoAnn   Studio 2		
<b>Express Spin</b> 12:00-12:30 PM Jen   Studio 4	<b>Stretch &amp; Balance</b> 12:15-1:00 PM Cathy M.   Studio 1	<b>Gentle Yoga</b> 11:30-12:30 PM Saralyn   Studio 1			<p><b>Doylestown Group Exercise Schedule</b></p> <p>Group exercise classes are included in your membership.</p> <p>Registration required for Aquatic Group Exercise classes through MindBody as space is limited.</p>	
		<b>Meditation</b> 12:45-1:15 PM Saralyn   Studio 1				
		<b>SilverSneakers® Classic</b> 11:30-12:15 PM Jo-Ann   Studio 2				
		<b>HIIT</b> 12:00-12:45 PM Virtual   Studio 3				
		<b>SilverSneakers® Classic</b> 12:30-1:15 PM Jo-Ann   Studio 2				
Cardio/Endurance	Strength/Bodywork	Dance	Mind/Body	Aquatics	Senior/Adapted	Virtual

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EVENING CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Pilates</b> 5:00-5:45 PM Vonna   Studio 2	<b>Barre</b> 5:30-6:15 PM Megan   Studio 2	<b>BodyPump™</b> 5:00-5:45 PM Laurie   Studio 2	<b>Hatha Yoga</b> 5:30-6:30 PM Sandy   Studio 1	<b>Zumba Step®</b> 5:30-6:15 PM Gina   Studio 2	<b>Doylestown Stay &amp; Play Hours:</b> Monday - Thursday 8:30AM-1:00PM Monday - Thursday 4:00-8:00 PM Friday 8:30AM-1:00PM Saturday 8:00AM-1:00PM Sunday 9:30AM-1:00PM	
<b>Zumba®</b> 6:00-6:45 PM Gina   Studio 2	<b>Spin</b> 6:00-6:45 PM Dan   Studio 4 ( <b>Heart Rate Training Class</b> )	<b>NEW! Total Body Conditioning</b> 6:00-6:45 PM Candi   Studio 3	<b>Spin</b> 6:00-6:45 PM Kathy   Studio 4			
<b>NEW! Kettlebell Flex &amp; Flow</b> 6:00-6:45 PM Chrissy   Studio 3	<b>Express Zumba Step®</b> 6:30-7:00 PM Gina   Studio 2	<b>Zumba®</b> 6:00-6:45 PM Elena   Studio 2	<b>BodyCombat™</b> 6:15-7:00 PM Aryana   Studio 3		<b>Metro Esports Gaming Lounge Hours:</b> Monday - Friday 2:30PM-9:00PM Saturday & Sunday 2:00-6:00PM	
<b>BodyCombat™</b> 7:00-7:45 PM Gina   Studio 2	<b>NEW! Interval Inferno</b> 6:30-7:15 PM Chrissy   Studio 3	<b>Spin</b> 6:00-6:45 PM Dan/Susan Studio 4	<b>Zumba®</b> 7:15-8:00 PM Caitlin   Studio 2			
<b>Vinyasa Yoga</b> 7:00-8:00PM Maggie   Studio 1	<b>Zumba®</b> 7:15-8:00 PM Amber   Studio 2	<b>Vinyasa Yoga</b> 7:00-8:00 PM Eric   Studio 2				
Cardio/Endurance	Strength/Bodywork	Dance	Mind/Body	Aquatics	Senior/Adapted	Virtual

Highlighted items indicate a change in class format or time.

Please check [ymcabucks.org](http://ymcabucks.org) for updates and visit us on the Y Wellness 24/7 virtual platform

for our live Virtual Group Exercise classes and hundreds of on-demand video content!

QR Code to schedules



Updated 9/13/24

## Doylestown Group Exercise Class Descriptions

### AQUA CLASSES

**AQUA AI CHI** - Deep breathing, relaxation and slow broad movements inspired by Tai Chi and Qigong. Intended to improve balance, increase strength, decrease pain, and improve body-mind connection.

**AQUA AEROBICS** - Low impact class designed to increase flexibility, range of motion, balance and posture in shallow and deep water.

**AQUACISE** - All over, cardio, toning & muscle conditioning class. Incorporates stretching and range of motion movements. Suitable for all ages and fitness levels.

**AQUA DANCE** - Dive into the rhythm and joy of movement with the benefits of water resistance.

**AQUA DEEP CARDIO** - Low impact class designed to improve joint stability, coordination, heart health and strength. Incorporate cardio and strength in deeper water, using water dumbbells and flotation devices.

**AQUA FIT** - Use the resistance of water to improve strength, flexibility and cardiovascular endurance.

**AQUA INTERVAL** - Challenges participants through timed intervals of moderate to intense exercise.

**AQUA TABATA** - Fast-paced class that will get your heart pumping using a series of 4 minute exercise sequences alternating between short bouts of intensity and rest.

**AQUA TONE & STRETCH** - Increase muscle definition, burn calories, and improve flexibility. Leave feeling refreshed, stretched and energized.

**AQUA ZUMBA®** - Make a splash by adding low-impact, high energy aquatic exercise to your fitness routine. Water resistance creates less impact on joints while still toning muscle.

**CARDIO SPLASH** - Use the resistance of the water to improve cardiovascular fitness, endurance and flexibility.

### LAND CLASSES

**BARRE** - Uses high repetition movements and weighted isometric contractions set to music to tone and sculpt your body.

**BODYCOMBAT™** - High-energy, martial arts-inspired, non-contact workout. Incorporates karate, taekwondo, boxing, Muay Thai, capoeira and kung fu. No experience needed. Modifications offered for all levels.

**BODYPUMP™** - Use light to moderate weights with lots of repetition for a total body workout. Build muscle endurance through THE REP EFFECT to strengthen muscles without bulk. Modifications offered for all levels.

**CXWORX™ (CORE)** - CXWORX is a results program with quick gains that make you stronger and leaner with 30 minutes of core strengthening exercises that challenge all levels of individuals, from beginners to even the most conditioned athlete. This class improves your functional strength while toning and tightening your abdominals, glutes and posterior chain. Mat, resistance band and free weights are utilized during most classes. Modifications offered for all levels.

**GENTLE YOGA** - Restful, calming class includes breathing, gentle flowing movement, passive and supported poses. A perfect beginning yoga class that is also appropriate for those working with injury, limited mobility, or who prefer a softer, gentler approach to yoga.

**GLUTE CAMP** - Targeted exercises that enhance the shape and strength of your glutes, while also incorporating elements to improve overall leg strength and stability.

**HATHA YOGA** - Focuses on a variety of traditional yoga poses, standing and seated. Increase strength, flexibility and posture.

**HIIT REVOLUTION** - Exhilarating high intensity interval training class designed to push your limits and transform your body. Combines innovative techniques to deliver a heart pounding, results driven experience!

**INTERVAL INFERNO** - Strength and cardio intervals with various equipment. Designed to improve strength and cardio endurance.

**KETTLEBELL FLEX & FLOW** - Dynamic fusion of strength training and fluid movement. Combines the power and versatility of kettlebell exercises with a focus on flexibility and flowing transitions to enhance both strength and mobility.

**LIIT** - Less intense than a HIIT workout but still provides all the benefits. Build endurance and strengthens the body with low impact interval sequences combined with body weight training exercises.

**MEDITATION** - Meditation on the focus of breath awareness and body sensations to establish practice within the first foundation of Mindfulness

**PILATES** - Invigorating class enhances strength, flexibility, and body awareness. Offers a balanced approach for all skill levels.

**PURE STRENGTH** - Emphasis on heavy lifting to build muscle through more isolated movements. A full body workout that superset muscle groups resulting in pure power.

**QIGONG** - Combines slow rhythmic movements, meditation and controlled breathing exercises.

**SILVERSNEAKERS® CLASSIC** - Strengthens muscles and increases range of movement for daily life activities. Uses hand-held weights, elastic tubing with handles and a SilverSneakers® ball. Often a chair is used for seated exercises or standing support.

**SPIN** - Includes standing and endurance rides, hills, climbs, intervals and sprints.

**STRETCH & BALANCE** - Enhance flexibility, stability, and overall well-being. Integrates dynamic stretching and balance exercises to achieve greater range of motion, improved posture, and a more centered sense of self.

**TOTAL BODY CONDITIONING** - All-level workout combines mobility, flexibility, bodyweight strength and cardio, targeting all major muscle groups, building endurance, and leaving you feeling energized in only 45-minutes!

**VINYASA YOGA** - Synchronize the breath with a progressive series of postures produces internal heat and a purifying sweat that detoxifies. Improve your circulation, flexibility, strength, and calm your mind. More challenging practice form and alignment emphasized.

**ZUMBA®** - A calorie-torching, heart racing, muscle pumping fitness dance party set to energizing music. No rhythm needed!

**ZUMBA GOLD®** - Modified Zumba® class for active older adults that recreates the original moves you love at a lower-intensity. Introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination.

**ZUMBA STEP®** - Combine the toning and strengthening power of Step aerobics, with the fun fitness-party that only Zumba® brings to the dance-floor. Increases cardio and calorie burning, while adding moves that define and sculpt your core and legs.